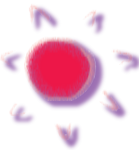


# Croton-on-Hudson

*Recreation & Parks  
Department  
Recreation Programs*

Spring \* Summer  
2007



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# *Village of Croton-on-Hudson*

*Dr. Gregory J. Schmidt, Mayor*

*Thomas Brennan, Trustee*

*Ann Gallelli, Trustee*

*Charles A. Kane, Trustee*

*Susan Konig, Trustee*

*Richard F. Herbek, Village Manager*

## *Department of Recreation and Parks*

*Susan M. Snyder, CPRP, Superintendent*

*Mark Duncan, Recreation Supervisor*

*John Miller, CPRP, Recreation Supervisor*

*Debra Lopano, Recreation Assistant*

*Yvonne Beldotti, Director of Senior Recreation*

*Barbara Salvatore, Office Assistant*

*Art Neff, Park Foreman*

*Rudy Fasciani, Park Groundsman*

*Ron Martinson, Park Groundsman*

## *Recreation Advisory Committee*

*John Giglio, Chairperson*

*Gary Pettit*

*Robert Soucy*

*Joseph Streany*

*Mary Thoubboron*

*Lisa Vlad*

*Alice Habib*

**Office Phone**

**(914) 271-3006**

**Youth/Teen Program**

**(914) 271-8562**

# MISSION STATEMENT

It is the mission of the Village of Croton-on-Hudson Recreation and Parks Department: to create and maintain aesthetically pleasing, safe, healthful, and enjoyable areas for residents; to provide positive, cost-effective leisure opportunities which promote individual and community wellness for children, youth, adults and seniors; to promote the preservation and appropriate utilization of the Village's recreational resources.

## 2007 REGISTRATION INFORMATION

This brochure provides a description of programs, facilities and special events offered for Spring/Summer 2007 by the Village of Croton-on-Hudson's Recreation and Parks Department. Most classes have a limited availability and are offered on a first-come, first-served basis. Therefore, early registration is encouraged. Programs may be canceled due to insufficient registration. Summer Camp registration will be held on a lottery basis. Please see Day Camp and Tiny Tots information for registration details.

Village residents are those who live within the boundaries of the incorporated Village of Croton-on-Hudson, and therefore, pay taxes to the Village. The programs and facilities of the Recreation and Parks Department are also made available to those who reside within the Croton-Harmon School District yet outside the Village boundaries. In some cases, School District residents are required to pay a higher "non-resident" fee than Village residents; although they are given equal priority in the registration process. If there are still openings in certain programs after Village and School District residents have had an opportunity to register, the Department will consider non-resident applications, at a higher fee, on a per-program basis.

For some programs, the mail-in registration form located in the back of this brochure can be used. When mailing in a registration form, please send separate checks for each program. Mail to: Croton Recreation and Parks Department, Stanley H. Kellerhouse Municipal Building, One Van Wyck Street, Croton-on-Hudson, NY 10520. **All Checks or money orders should be made payable to:**

### **CROTON RECREATION DEPARTMENT**

We do not accept credit cards. Program fees will not be pro-rated. If at any time you have questions or concerns about any of our programs or facilities, please call our office at 271-3006. The Recreation Department Office is located on the second floor of the Municipal Building; please feel free to stop by on a weekday between 8:30 AM and 4:00 PM. **Also, check out the Village's website at [www.crotononhudson-ny.gov](http://www.crotononhudson-ny.gov)**

## HOW TO WATCH A GOOD PROGRAM BE ELIMINATED

Nothing kills a recreation program faster than residents who wait until the last minute to register. There is a point when a program must be canceled or modified if there is insufficient registration. All programs require a high level of coordination, often including facility scheduling, staffing, volunteer recruitment, and purchasing of supplies. **PLEASE REGISTER EARLY!**

## REFUND POLICY

The Recreation Department does not issue refunds unless a program has been canceled due to insufficient registration. Registrants assume full responsibility for any changes in their personal life, which may affect their ability to participate. In rare cases, a participant may encounter an unforeseeable, and unavoidable, situation that they feel may warrant a refund of fees paid. These situations will be reviewed on an individual basis by the Superintendent, who will then make a refund determination.

- No refunds will be made after the start of the first class or session.
- All claims for refunds for classes must be requested in writing.
- A \$10.00 processing fee will be retained by the Village in all cases that refunds, partial refunds or program section transfers are granted.
- There is an additional charge of \$20.00 on all returned checks.
- **REFUNDS FOR DAY CAMP AND TINY TOTS WILL ONLY BE MADE IF THE SPACE CAN BE FILLED. NO REFUNDS ISSUED AFTER JUNE 1st.**

## MEDICAL INSURANCE

As an applicant for participation in recreation programs sponsored by the Village of Croton-on-Hudson, it is extremely important that you are aware that the Village of Croton-on-Hudson **DOES NOT** provide medical insurance in such programs. If you do not have a personal medical insurance policy, we urge that you secure one prior to enrolling in any programs. All persons participate at their own risk.

## SUMMER STAFF POSITIONS

Applications are now available for positions with the Recreation and Parks Department's summer programs. The available positions include camp counselors, park groundspersons, lifeguards, and gate attendants. Please call the Recreation office to receive an application and to set up a required personal interview. All applicants for paid positions must be at least 16 years of age.

# CROTON RECREATION AND PARKS PHOTO IDENTIFICATION POLICY

**Beginning May 1st, all persons 4 years of age or older MUST PRESENT a photo ID issued by the Recreation Department to use Silver Lake, Senasqua Park, and Hudson National Golf Course.**

## Photo ID Fee:

Village Residents	\$ 6.00
School District Residents	\$12.00
Senior Citizens	Free
Photo ID will be valid for 3 years.	

Proof of residency will be required from ALL Village and School District residents purchasing a photo ID. Satisfactory proof of residence includes a driver's license or other photo ID with the address listed, along with other proof of residence such as a tax bill or recent utility bill. For school district residents, a copy of school tax bill will be accepted as proof along with a photo ID. **An old Recreation & Parks photo I.D. card cannot be used as proof of current residency.**

## **ID Photos will be taken at the Municipal Building's Recreation Office:**

Tuesdays & Thursdays	(not holidays)	12:30 PM – 3:30 PM
<u>May</u>	Monday 7	6:00 PM – 9:00 PM
	Saturday 12	9:00 AM – 12 Noon
	Tuesday 22	4:00 PM – 8:00 PM
	Wednesday 30	6:00 PM – 9:00 PM
<u>June</u>	Tuesday 5	4:00 PM – 8:00 PM
	Saturdays 16, 23	9:00 AM - 12 Noon
<u>July</u>	Tuesday 10	4:00 PM - 8:00 PM

## *Summer Camp Program Registration*

**The lottery registration deadline for Day Camp and Tiny Tots is Wednesday, April 18 at 12 Noon.** Your form(s) must be in our office at this time, completed and paid in full. **You must register using the appropriate Day Camp or Tiny Tots tripligate form.** We suggest bringing your form(s) to our office in person, weekdays between 8:30 AM and 4:00 PM. School District residents may participate in the lottery; however, they will pay the appropriate non-resident rate. Unless you request differently on your form, anyone unable to be placed in the full season will be placed in whichever session(s) are available and will be charged the appropriate individual session rates. You will be noti-

fied by mail once we have completed the lottery registration. If you have not received anything in the mail by April 30th, please call our office for information.

If there are any openings in either summer camp program after the lottery is complete, these will be filled on a first-come, first-served basis. Any non-resident applications will be received after May 31st (space permitting).

**If you have any questions regarding the lottery process, please call the Recreation office prior to the lottery deadline.**



## **CROTON DAY CAMP**

**Tuesday, June 26th – Friday, August 3rd**  
**9:00 AM - 3:00 PM Weekdays only**

**No Camp July 4th**  
**C.E.T. School**

Please note the slight change in eligibility for Day Camp for 2007. The 2007 Day Camp program is open to youngsters who are 6 years old and have completed First Grade through those who have completed 6th grade. Children are divided into groups, each with a counselor and in some cases an assistant counselor. The program is varied and includes arts/crafts, sports, games, drama, special events such as a camp show, trips, and various other camp activities. Children must bring a lunch. Fee includes camp T-shirt and most off-site trips.

### **DAY CAMP FEES:**

Camp is divided into three, 2-week sessions.

SESSION I: June 26th - July 6th (NO CAMP JULY 4th)

SESSION II: July 9th - July 20th

SESSION III: July 23rd - August 3rd

### **Village Resident Rates:**

#### **Section I**

\$210. Session I ~ 1st child

\$190. Session I ~ 2nd child

\$170. Session I ~ 3rd child

#### **Section 6**

\$525. Full Season ~ 1st child

\$475. Full Season ~ 2nd child

\$425. Full Season ~ 3rd child

#### **Sections 2 or 3**

\$225. Session II or III ~ 1st child

\$205. Session II or III ~ 2nd child

\$185. Session II or III ~ 3rd child



## Non-Resident Rates:

### Section 1

\$252. Session I ~ 1st child  
\$232. Session I ~ 2nd child  
\$212. Session I ~ 3rd child

### Section 6

\$630. Full Season ~ 1st child  
\$580. Full Season ~ 2nd child  
\$530. Full Season ~ 3rd child

### Sections 2 or 3

\$270. Session II or III ~ 1st child  
\$250. Session II or III ~ 2nd child  
\$230. Session II or III ~ 3rd child

## TINY TOTS CAMP

**Tuesday, June 26th – Friday, August 3rd**  
**Weekdays only**

**No Camp July 4th**  
**P.V.C. School**

**9:15 AM – 12:15 PM: for 4 & 5 year olds who HAVE NOT completed Kindergarten**

**9:15 AM – 3:15 PM: for 5 & 6 year olds who HAVE completed Kindergarten**

This year's Tiny Tots day camp will be operated differently than in years past. The primary difference is that the camp will be a full-day program for those who have completed Kindergarten and are 5 or 6 years old. Additionally, for those full-day campers we will be scheduling a few off-site trips, at least one per session. Camp activities include games, music, arts/crafts, stories, special events, entertainment and other camp activities. All campers should bring a healthy snack, and full-day campers must bring a non-perishable lunch with a drink. A camp T-shirt will be provided to all.



### ***TINY TOT FEES:***

Tiny Tots is divided into three, 2-week sessions.

SESSION I: June 26th - July 6th (NO CAMP JULY 4th)

SESSION II: July 9th - July 20th

SESSION III: July 23rd - August 3rd



## **PRE KINDERGARTEN - HALF DAY**

### **Village Resident Rates:**

#### **Section 1**

\$135. Session I ~ 1st child  
\$125. Session I ~ 2nd child

#### **Section 6**

\$315. Full Season ~ 1st child  
\$290. Full Season ~ 2nd child

#### **Sections 2 or 3**

\$150. Session II or III ~ 1st child  
\$140. Session II or III ~ 2nd child



### **Non-Resident Rates:**

#### **Section 1**

\$162. Session I ~ 1st child  
\$152. Session I ~ 2nd child

#### **Section 6**

\$378. Full Season ~ 1st child  
\$353. Full Season ~ 2nd child

#### **Sections 2 or 3**

\$180. Session II or III ~ 1st child  
\$170. Session II or III ~ 2nd child

## **POST KINDERGARTEN - FULL DAY**

### **Village Resident Rates:**

#### **Section 1**

\$195. Session I ~ 1st child  
\$175. Session I ~ 2nd child

#### **Section 6**

\$500. Full Season ~ 1st child  
\$450. Full Season ~ 2nd child

#### **Sections 2 or 3**

\$210. Session II or III ~ 1st child  
\$190. Session II or III ~ 2nd child



### **Non-Resident Rates:**

#### **Section 1**

\$235. Session I ~ 1st child  
\$215. Session I ~ 2nd child

#### **Section 6**

\$600. Full Season ~ 1st child  
\$550. Full Season ~ 2nd child

#### **Sections 2 or 3**

\$252. Session II or III ~ 1st child  
\$232. Session II or III ~ 2nd child

# Youth Activities

## NEW & IMPROVED!!! CROTON YOUTH PROGRAM

The Croton Youth Program has an active program all summer. In addition to our usual trips for middle school aged youth, supervised by Gary and Doreen Pettit, we will be adding trips for high school aged youth as well. We will also be offering separate drop-in nights for middle and high school aged youth at the Municipal Building, utilizing the Community Room and **new game room with pool table, ping pong, and more!**

Trips being planned for high school students include the following:

- Professional Baseball Games
- Six Flags Great Adventure
- New Roc City Fun House
- Hurricane Harbor Water Park
- IMAX Theatre and Palisades Mall
- Madame Tussaud's Wax Museum and ESPN Zone
- Jones Beach
- Dorney Park
- Deep Sea Fishing
- Mountain Creek Water Park

The specific schedules will be available in the Recreation Office, on the Village website at [www.crotononhudson-ny.gov](http://www.crotononhudson-ny.gov) and in the Village kiosk at Croton Commons. Trips and drop-ins will be available for those who have graduated fifth grade up through high school seniors. **For updates and more information call Recreation Supervisor, John Miller, at 271-3006 or call 271-8562 for middle school activities.**



## YOUTH EMPLOYMENT SERVICE

If you are looking for someone to fill a job on a one-time or on-going basis, the Croton Youth Employment Service is for you. Some of the jobs we've filled include baby-sitting, petsitting, light house cleaning, yard work, party helpers and more. Stop by the Recreation Office on the 2nd floor of the Municipal Building and pick up a Youth Employment Referral list or give us a call and we'll mail you one. **Please note that the Recreation Department does not check references for anyone on the employment list. We strongly suggest you do so before hiring anyone.**

If you are looking for work in the area, it's for you too! To register and be put on the referral service list, drop by the Recreation Office and pick up a form or give us a call and we'll send you one. **In order to remain on the list, you must give us updated information at the beginning of each school year.**

## CREATIVE PLAYGROUP for PRE-SCHOOLERS

**Dates:** Wednesdays, beginning April 25

**Act.# 1300 Sec. 3**

**Time:** 9:45-11:00 AM

**Location:** Municipal Building Community Room

**Fee:** \$64.00 Village residents for 8 sessions  
\$77.00 non-residents

**Ages:** 18 months – 36 months

**Registration Deadline:** April 20

Join instructor Mary Thoubboron in this program which is designed for parent/caregiver and child to enjoy. The class will include musical games, art projects and creative movement activities. It is a wonderful opportunity for parents and children to socialize and make friends while having fun.

## KID FITNESS

**Act.# 1050 Sec.1**

**Dates:** Thursdays, beginning April 26

**Time:** 6:30 - 7:45 PM

**Location:** Municipal Building Community Room

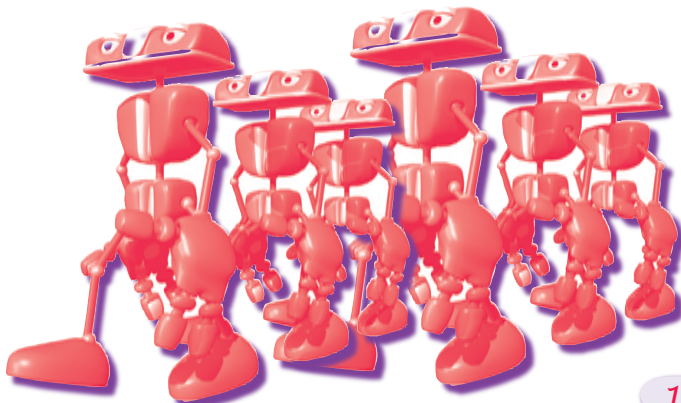
**Fee:** \$62.00 Village Residents for 9 sessions  
\$74.00 non-residents

**Ages:** 8 – 12 years old

**Registration Deadline:** April 23

**Instructor:** Brenda Kostulas, CPT, Physical Victory Inc.

This class includes a variety of ways to get, stay, or increase your fitness level. A combination of exercises, stretches, skills, and drills will keep everyone moving. Included may be push-ups, kickboxing, jogging, dance moves, and more! All moves will be properly taught to ensure proper body mechanics. Brenda Kostulas is a fully certified personal trainer, group exercise instructor, and kickboxer. Wear comfortable clothing and sneakers, and bring a water bottle.



## CREATING COOL CAKES

Act.# 1060 Sec. I

**Dates:** Wednesdays, beginning April 25  
**Time:** 4:20-5:30 PM  
**Location:** Municipal Building Community Room  
**Fee:** \$132.00 Village residents for 7 sessions  
\$160.00 non-residents

**Grades:** 5 - 8

**Registration Deadline:** April 20

**Instructor:** Jan Meryl Phair of Croton Cake Creations



Color some freshly-made frosting, then fill, frost and even spray airbrush colors on your cakes. Use pastry bags like a pro and hand paint funky-looking art designs. Design awesome 3-D sculptured cut-out cakes, 8" cakes and 2-layer cakes. Some cool decorating techniques include garland, bows, basketweaves, florals, lacework, shells, borders, and drawings onto cakes. Create both edible stand-up iced confections and, hand-molded colored flowers too! Handout instructions and materials included. Children should bring their own apron, smock, or oversized tee.



## CAKE DECORATING SUMMER CAMP

Act.# 1055 Sec. I

**Dates:** Tuesday, Wednesday, & Thursday, July 17-19  
**Time:** 9:30 AM to 12:30 PM  
**Location:** Municipal Building Community Room  
**Fee:** \$145.00 Village residents  
\$174.00 non-residents

**Grades:** 3 - 7

**Registration Deadline:** July 12

This is a very focused dessert camp of 3-D designed sculptured and layer cakes. Each day campers can bring home their finished creations. Roll dough, cut-out, decorate, and brush-paint cookies in cool designs. Colorize freshly-made frosting, fill, and frost your cakes using real decorating tools and pastry bags. Learn awesome decorating techniques and designs for borders and drawings. Create hand-molded colored roses too! Printed handout instructions are included. Campers may bring in a snack/drink (optional). It is recommended to bring an apron or smock each day.

## CO-REC BASKETBALL CAMP

Act.# 1020

**Dates/Time:** Section 1: July 9 –13

9:00 AM –2:30 PM

Section 2: July 16 – 20

Section 3: July 30 – August 3

**Location:** Croton-Harmon High School Gym

**Fee:** \$165.00 per section, Village & School District residents

\$198.00 per section, all others

**Grades:** 3 – 8

**Registration Deadline:** one week prior to each section

**Director:** Bill Thom, C.H.H.S. Varsity Coach and Athletic Director

This is an instructional/game program which will teach and enhance youngsters' skills. Children will be divided by grade and skill level for competition. The camp focuses on the development of each individual's fundamental basketball skills. For additional excitement and fun, the week culminates with skill contests and awards. Each child will take home a t-shirt and basketball. **Children should bring a water bottle and a bag lunch or they must have a parent's permission slip to leave camp for lunch.**

## US Sports Institute Camps & Clinics

The US Sports Institute is at the forefront of providing summer day camps in American communities. They enable each camper to grow in an atmosphere that promotes integrity, self-esteem, positive values and good sportsmanship. They are dedicated to delivering quality outdoor programs, where your child will not only have great fun but also learn that "character really counts!" **Please register online at [www.USBsportsInstitute.com](http://www.USBsportsInstitute.com) or use the specific USSI flyer available at the Recreation Office. Make checks payable to "US Sports Institute."**



## MULTI SPORTS CAMPS

**Dates/Times:** **MS345:** August 20-24

9:00 AM – 1:00 PM

**MS388:** August 27-31

9:00 AM – 1:00 PM

**Location:** Duck Pond Park

**Fee:** \$160.00 Village Residents

\$192.00 non-residents

**Ages:** 5 to 7 years

**The Half Day Camp** gives our younger participants (5-7 years) the opportunity to experience over 10 sports in a week. Campers will receive technical instruction in each sport and will then experience the sport in a realistic game situation. After lunch (typically 11:30 AM – Noon) all campers will participate in the USSI Olympic Games and World Cup.

**Dates/Times:** **MS344:** August 20 - 24 9:00 AM – 3:00 PM\*

**MS387:** August 27 - 31 9:00 AM – 3:00 PM\*

\* finishes at 1:00 PM on Friday

**Location:** Duck Pond Park

**Fee:** \$180.00 Village Residents

\$216.00 non-residents

**Ages:** 7 to 14 years

**The Full Day Camp** offers campers (7-14 years old) the chance to experience over 15 different sports from around the world. All activities will take place in an atmosphere which promotes good sportsmanship, teamwork, and most of all fun. Campers will receive Technical Instruction in each sport then experience the sport in a realistic game situation. This is the only summer camp truly dedicated to the sports minded youngster.

## SPORTS SQUIRTS CAMPS

**Dates/Times:** **SS227:** August 6 – 10

9:00 AM – 10:30 AM

**SS228:** August 6 – 10

10:30 AM – 12:00 PM

**Location:** David Manes Memorial Field

**Fee:** \$90.00 Village Residents

\$108.00 non-residents

**Ages:** 3 to 5 years



The Sports Squirts program is a great way to introduce children ages 3 to 5 to a variety of sports such as soccer, t-ball, basketball, and hockey all taking place in a safe structured environment to ensure learning. Activities are designed to evoke a child's imagination in

which they can find Nemo, send Shrek into a spin, or capture jellyfish with Sponge Bob Square Pants. All activities promote hand-eye coordination, movement and balance, and most importantly fun, fun, fun.

## *FLAG FOOTBALL CLINIC*

**Dates/Times:** **FF536:** August 6 - 10

5:00 PM – 7:00 PM

**Location:** David Manes Memorial Field

**Fee:** \$110.00 Village Residents  
\$132.00 non-residents

**Ages:** 7 to 14 years



The USSI Flag Football Clinic offers an incredible opportunity for any future football star to learn and enhance their skills in running, catching, passing, blocking. Open to children of all ability levels, the camp will focus on individual techniques and more importantly fun. The week finishes with the USSI Superbowl!

## *FIELD HOCKEY CLINIC*

**Dates/Times:** **FH537:** August 6 - 10

5:00 PM – 7:00 PM

**Location:** David Manes Memorial Field

**Fee:** \$110.00 Village Residents  
\$132.00 non-residents

**Ages:** 7 to 14 years

The clinic is ideal for players wishing to learn or develop in this increasingly popular sport. Children will be taken through all phases of the game, thoughtfully integrating technical and tactical components in a fun, innovative way.



## *Croton Sailing's East Sailing Academy*

Croton Sailing School's youth program introduces children and teens aged 9-15 to small boat sailing and racing. Young sailors learn in three groups: Mariners, Voyagers, and Explorers. The program is taught aboard a fleet of vessels ranging in size from 13-24 feet. Boat-sing safety is stressed throughout the program and all students wear life jackets any time they are on the water. The EAST Sailing Academy's program enables children to learn in a relaxed and safe atmosphere while offering unlimited challenges to advance their sailing skills. For rates, schedules, and more information about the EAST Sailing Academy contact the Croton Sailing School at 271-6868 or [www.crotonsailing.com](http://www.crotonsailing.com). Discounts are available for Croton Residents.

# Adult Activities

## CREATIVE FIBER ART

**Act.# 2045 Sec. 2**

**Dates/Times:** Thursdays, beginning May 3  
No Class June 7

10:00 AM – 12:00 PM

**Location:** Municipal Building Community Room

**Fee:** \$150.00 Village residents for 8 sessions  
\$180.00 non-residents

**Materials:** \$15.00 materials fee is payable to the instructor at the first class; expect to purchase additional supplies on your own.

**Ages:** Adults and Seniors with good dexterity

**Registration Deadline:** April 27

**Instructor:** Robin Larido

Learn to create unique fiber art pieces using a variety of techniques and media such as painting on fusible web, 3-D collage, paper casting (with plant fibers), reverse appliqué, and working with Angelina fiber and silk rovings, as well as other textiles and embellishments. We will complete a project each week using a different technique. A list of materials, supplies, and resource will be distributed at the first class. Robin will provide some of the materials and will offer demonstrations. Robin has a degree in fine arts and has studies at the School of Visual Arts and Westchester Art Workshop. She has been a mixed-media artist and crafter for over 30 years.

## DEFENSIVE DRIVING

**Act.# 3090 Sec.4**

**Dates:** Tuesdays, May 8 & 15

**Time:** 6:00 - 9:00 PM

**Location:** Municipal Building Community Room

**Fee:** \$35.00 Village residents  
\$45.00 non-residents

**Registration Deadline:** May 3

**Instructor:** Jack Coxen

This six-hour course will be offered for licensed drivers through the New York State Safety Program. Upon completion of the course, four points will automatically be reduced from the driving record point total. Plus, if the participant is listed as a principal operator on an auto insurance policy, a 10% discount on collision and liability will be applied for a full three years when the broker is presented with the course completion certificate. Class size is limited, so early registration is encouraged.





## GUT & BUTT BLASTER

**Dates/** **Sec. 2:** Tues., beginning April 24

**Times:** No class May 8

**Sec. 3:** Thurs., beginning April 26

**Location:** **Tuesday:** Community Room

**Thursday:** Recreation Conference Room

**Fee:** \$62.00 Village residents per section for 9 sessions

\$74.00 non-residents per section

**Registration Deadline:** April 20

**Instructor:** Brenda Kostulas, CPT, Physical Victory Inc.

This is an intense 40 minute class targeting the abdominal wall and gluteal muscles. It is a power packed attack to the core that will help you prepare for the summer. Shed more than just some clothing. Brenda Kostulas is fully certified as a personal trainer, group instructor, and kickboxer. Mats will be supplied; bring a water bottle.



## GUT BUSTER

**Dates:** Thursdays, beginning July 5

**Times:** 7:45 – 8:25 PM

**Location:** Municipal Building Community Room

**Fee:** \$42.00 Village residents for 6 sessions

\$52.00 non-residents

**Ages:** 14 years old through adult

**Registration Deadline:** June 29

**Instructor:** Brenda Kostulas, CPT, Physical Victory Inc.

This 40 minute class targets the abdominal wall. The exercises are intermediate to advanced level. Each move is done to strengthen and define all abdominal muscles. Some stretching is incorporated in this power packed attack to the core. Brenda Kostulas is fully certified as a personal trainer, group instructor, and kickboxer. Mats will be supplied; bring a water bottle.

**Act.# 2020 Sec. I**

## CARDIO \* STRETCH

Act.# 2035 Sec. I

**Dates:** Thursdays, beginning April 26  
**Time:** 7:50 - 8:30 PM  
**Location:** Municipal Building Community Room  
**Fee:** \$62.00 Village residents for 9 sessions  
\$74.00 non-residents  
**Ages:** 14 years old through adult  
**Registration Deadline:** April 23  
**Instructor:** Brenda Kostulas, CPT, Physical Victory Inc.



This class will include a cardio portion of jogging or power walking around the building outside (weather permitting), stair climbing, stepping, or cardio moves for about 25 minutes followed by slow stretches for the entire body to gain flexibility and lengthen muscles. Brenda is a fully certified personal trainer and group exercise instructor. Bring a water bottle!

## GENTLE BEGINNER YOGA - a first time yoga experience

**Dates:** Wednesdays, beginning May 2  
**Time:** 7:30 - 9:00 PM  
**Fee:** \$ 80.00 Village residents for 8 sessions  
\$ 96.00 non-residents

Act.# 2105 Sec. 4

**Registration Deadline:** April 27  
**Location:** Recreation Conference Room  
**Instructor:** Andrea Naitove

This class is suitable as an introduction to yoga, and as a continuing gentle practice. This class will focus on building strength and increasing flexibility with careful attention to alignment and the needs of each student. Andrea is a certified Journey into Yoga instructor and a member of the Yoga Alliance. She includes a blend of the Kripalu and Iyengar styles in her teaching. Participants should wear comfortable clothing and bring a towel. Mats are available for participants.

For a less strenuous class, look into the **CHAIR YOGA** program listed in the Senior Citizen section of the brochure.

## GENTLE BEGINNER YOGA - a first time yoga experience

**Dates:** Wednesdays, beginning July 11  
**Time:** 7:30 - 9:00 PM  
**Location:** Recreation Conference Room  
**Fee:** \$ 60.00 Village residents for 6 sessions  
\$ 72.00 non-residents  
**Registration Deadline:** July 6  
**Instructor:** Andrea Naitove, **See Description Above**

Act.# 2105 Sec. I



## GENTLE YOGA

Act.# 2075 Sec. 4

**Dates:** Mondays, beginning April 23  
No class May 28

**Time:** 9:30-11:00 AM

**Location:** Recreation Conference Room

**Fee:** \$ 80.00 Village residents for 8 sessions  
\$ 96.00 non-residents



**Registration Deadline:** April 18

**Instructor:** Andrea Naitove

This is a nurturing yoga class designed for students at all levels. This class will focus on building strength and increasing flexibility with careful attention to alignment and the needs of each student. Andrea is a certified Journey into Yoga instructor and a member of the Yoga Alliance. She includes a blend of the Kripalu and Iyengar styles in her teaching. Participants should wear comfortable clothing and bring a towel. Mats are available for participants.

**For a less strenuous class, look into the CHAIR YOGA program listed in the Senior Citizen section of the brochure.**

## GENTLE YOGA

Act.# 2075 Sec. I

**Dates:** Mondays, beginning July 9

**Time:** 9:30-11:00 AM

**Location:** Recreation Conference Room

**Fee:** \$ 60.00 Village residents for 6 sessions  
\$ 72.00 non-residents

**Registration Deadline:** July 3

**Instructor:** Andrea Naitove, **See Description Above**



## YOGA: Strengthen, Relax, Renew

Act.# 2070 Sec. 4

**Dates:** Thursdays, beginning April 26  
No class June 7  
**Time:** 7:30-9:00 PM  
**Location:** Recreation Conference Room  
**Fee:** \$ 80.00 Village residents for 8 sessions  
\$ 96.00 non-residents

**Registration Deadline:** April 23

**Instructor:** Andrea Naitove

This yoga class is designed for students with some yoga experience. Through breath work and postures we will focus on building strength, increasing flexibility and stamina, and releasing muscle tension and stress. Careful attention will be paid to alignment and the needs of each student. There will be an optional meditation period at the end of class. Andrea is a certified Journey into Yoga instructor and a member of the Yoga Alliance. She includes a blend of the Kripalu and Iyengar styles in her teaching. Participants should wear comfortable clothing and bring a towel. Mats are available for participants.

## YOGA: Strengthen, Relax, Renew

Act.# 2070 Sec. I

**Dates:** Thursdays, beginning July 12  
**Time:** 7:30-9:00 PM  
**Location:** Recreation Conference Room  
**Fee:** \$ 60.00 Village residents for 6 sessions  
\$ 72.00 non-residents

**Registration Deadline:** July 6

**Instructor:** Andrea Naitove, **See Description Above**

## Croton Sailing School

Adults can take hands-on sailing instruction aboard a fleet of 24', 26', and 34' yachts. Courses are offered in Learn to Sail, Coastal Cruising, Bareboat Cruising & Navigation. All courses offer American Sailing Association certification. Captain Charters are also available. You may also sail on your own with the Croton Sailing Club. For more information contact the Croton Sailing School at (914) 271-6868 and [www.crotonsailing.com](http://www.crotonsailing.com). Discounts are available for Croton Residents.



## *HUDSON NATIONAL GOLF COURSE*

Residents of the Croton Village and the Croton School District have an opportunity to play at Hudson National Golf Course on a once per month basis. A yearly \$10.00 registration fee must be paid to the Recreation Department. A VALID RECREATION & PARKS PHOTO I.D. IS REQUIRED TO REGISTER. Once registered, you are placed on an eligible golfer list. Once tee times are distributed, it is up to the individual to arrange their own twosome or foursome. Greens fees of \$30.00 for Village residents and \$40.00 for School District residents MUST BE PAID for each person before the reservation is confirmed. There are no rain dates unless the course is closed due to inclement weather. Complete information on Hudson National Play is available through the Recreation Department.



## *Senior Activities*

The Croton Senior Club gathers for weekly meetings on Fridays at 12:30 PM in the Community Room of the Municipal Building. Beginning June 1st through September 7th, meetings take place at Senasqua Park, weather permitting. All senior residents are invited to join us for fellowship and good cheer.

We hope to see all our neighbors at Summerfest on Sunday, June 3rd. For further information on any Senior trip, activity, or program, please call Yvonne Beldotti, Director of Senior Recreation at 271-5804.

## SENIOR TRIP GIFT CERTIFICATES

Would you like to give a gift to a Senior Citizen in Croton but are unsure of what they really need? Why not give them a day of recreation, traveling and having fun with their friends in Croton? Family members, friends, and neighbors can purchase a gift certificate for special occasions such as a birthday, anniversary, or holiday.

Gift certificates can be purchased for \$25.00, \$35.00, and \$50.00. All certificates are honored for one year from the date of issue. Any unused portion of a gift certificate will be applied as a household credit, and used towards a future trip. Certificates are non-transferable and must be used only by the person to whom the certificate is issued. Certificates may not be used for other Senior Club events or recreation activities. There are NO Refunds on gift certificates. Please contact Yvonne Beldotti at 271-5804.

## UPCOMING TRIPS

Singin in the Rain

at Goodspeed Opera House

Tues., May 2nd

Flamenco in the Courtyard

at Caramoor

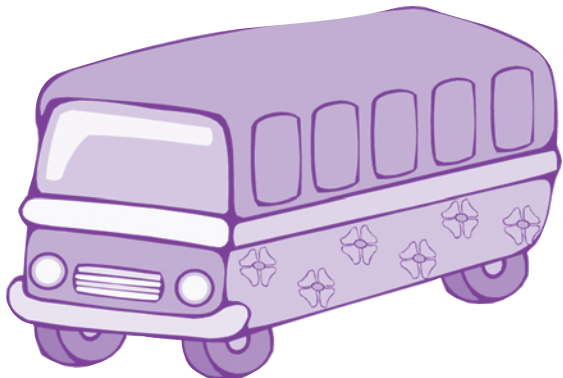
Wed., June 13th

Atlantic City

Thurs., June 28th

Hudson River Cruise

Thurs., July 26th





*Save the Date!!!*

## **A VICTORIAN AFTERNOON TEA**

**Provided by the Queen's Garden Traveling Tea Service**

Come and treat yourself to an elegant afternoon.

**Date:** Thursday, June 7th

**Time:** 12:00 – 2:00 PM

**Location:** Municipal Building Community Room

**Fee:** \$22.50 Village residents

\$27.00 non-residents

## **SENIOR EXERCISE**

**Act.# 2060 Sec. I**

**Dates:** Fridays – on-going

**Time:** 10:00 – 11:00 AM

**Location:** Recreation Conference Room

**Fee:** \$15.00 per year (6/1 – 5/31) Village residents

\$30.00 per year (6/1 – 5/31) non-residents

**Instructor:** Geri Feller

Geri leads participants through stretching and strengthening, incorporating light aerobics, floor exercises, and dance routines. Anyone wishing to participate in this program must pre-register and pay the **yearly** fee which covers the period June 1, 2007 to May 31, 2008.

## SENIOR EXERCISE II

Act.# 2050 Sec. 3

**Dates:** Tuesdays, beginning April 24  
No class May 8 & May 15  
**Time:** 11:45 AM – 12:45 PM  
**Location:** Recreation Conference Room  
**Fee:** \$10.00 Village residents for 8 sessions  
\$20.00 non-residents

**Instructor:** Geri Feller

Geri will lead the group in a vigorous routine that combines stretching, light aerobics, dance moves and floor exercises all set to lively music. Come for the workout and to have some fun.



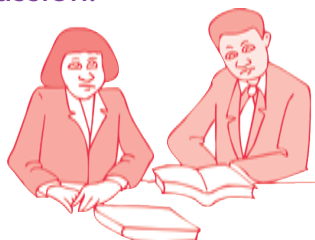
## BOOK DISCUSSION GROUP

Act.# 2055 Sec. 3

**Dates:** Mondays, May 14, June 18, July 23, August 13  
**Time:** 10:00 – 11:30 AM  
**Location:** Municipal Building Community Room  
**Fee:** \$5.00 Village residents  
\$10.00 Non-residents

**Registration Deadline:** May 9

Instructor Amy Melman returns for another season of enlightening stories and energizing discussion.





## AARP DEFENSIVE DRIVING COURSE

**Dates:** Tuesday, May 22

**Act.# 4010 Sec. 1**

**Time:** 9:00 AM – 5:30 PM

**Location:** Municipal Building Community Room

**Fee:** \$10.00 per person

Checks made payable to “Croton Recreation”

**Registration Deadline:** May 4th or until the program is filled.

Class is limited to 35 persons.

**Instructor:** Douglas Mead

This defensive driving class is referred to as the point/insurance reduction class. Please bring a brown bag lunch.



## CHAIR YOGA

**Act.# 2110 Sec. 4**

**Dates:** Mondays, beginning April 23

No class May 28

**Time:** 11:30 AM – 12:30 PM

**Location:** Recreation Conference Room

**Fee:** \$60.00 Village residents for 8 sessions

\$72.00 non-residents

**Registration Deadline:** April 20

**Instructor:** Andrea Naitove

Chair Yoga incorporates all aspects of yoga, such as meditation, breathing, asanas, and relaxation. In this class, participants do

not get down onto the floor. Yoga leaves one feeling relaxed, renewed, and with a more joyful outlook – something that people with limited physical ability can really appreciate and benefit from. Andrea is a certified Journey into Yoga instructor and a member of the Yoga Alliance. Participants should wear comfortable clothing.



## PAINTING WITH WATERCOLORS

**Act.# 2100 Sec. 3**

**Dates:** Mondays, beginning April 16  
No class May 28

**Time:** 1:30 – 3:30 PM

**Location:** Municipal Building Community Room

**Fee:** \$ 50.00 Village residents for 8 sessions  
\$ 60.00 non-residents

**Materials:** A material list will be available upon registration; participants need to purchase their own supplies.

**Instructor:** Jeanne Demotes

The course will cover basic watercolor techniques and offer students the opportunity to draw and paint from still life as well as from photographic sources. It will cover drawing skills, observational skills, and proper handling of material as well as provide a creative atmosphere in which to work. The instructor will offer demonstrations. Jeanne is currently teaching watercolor, oil, multimedia, and life painting at various facilities in Westchester and Putnam Counties.





## ***FREE BLOOD PRESSURE SCREENINGS***

A nurse from Dominican Sisters Family Health Service in Ossining is available for free blood pressure screenings, education, supervision and follow-up:

**Dates:** **First Friday** of each month

**Time:** 11:00 AM - 12:00 Noon

**Location:** Municipal Building Community Room or Senasqua Park, weather permitting from June 1 to September 7.



## ***JEFFERSON VALLEY MALL SHOPPING***

On the second Wednesday of the month, a shopping trip to the Jefferson Valley Mall is open to all Croton Seniors. The dates for spring/summer 2007 are: May 9, June 20, (3rd Wednesday) July 11, and August 8. The van leaves the Municipal Building at 9:30 AM and returns approximately at 1:30 PM. To register, please contact Yvonne Beldotti at 271-5804.

# Seasonal Activities

## SILVER LAKE SWIMMING

Season permit holders are responsible for knowing the park rules. Please make sure you receive a copy when you register. Swimming Permits for the season are offered as follows (along with photo ID):

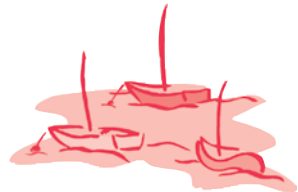
Village Resident Family	\$130.00	<b>Act.# 7100</b>
Village Resident Adult	\$ 65.00	<b>Act.# 7110</b>
Village Resident Child (4 years & up)	\$ 35.00	<b>Act.# 7120</b>
School District Family	\$180.00	<b>Act.# 7200</b>
School District Adult	\$ 90.00	<b>Act.# 7210</b>
School District Child (4 years & up)	\$ 50.00	<b>Act.# 7220</b>
Senior Citizens (over 60 years)	<b>FREE</b>	

### Daily Fees at Silver Lake:

Adult Village Resident	\$5.00
Child Village Resident	\$3.00
Adult School Dist./Guest	\$8.00
Child School Dist./Guest	\$5.00



**All guests MUST BE accompanied by a Village resident or School District resident photo ID holder.**



# Senasqua Park

## GROUP PERMITS

Applications are available for Village and School District residents to reserve the pavilion at Senasqua Park for a group outing. The individual reserving the pavilion must have a valid photo I.D. issued by the Recreation and Parks Department.

	<u>Village Residents</u>	<u>School District</u>
25 and below (no pavilion)	\$ 35.00	\$ 50.00
8-100 (with pavilion)	\$200.00	\$275.00



## SENASQUA BOAT BASIN

Spots are available for either in water moorings, on land park storage or spots on a sunfish rack. There is also an option of a ramp pass which entitles the boater to ramp their boat on a daily basis. The boat basin will officially open on May 6.

### 2007 Fees

#### Village Resident Moorings

15'0" – 20.0'	\$465
20'1" – 26.0'	\$510
26'1" – 32.0'	\$550
32'1" – 37.0'	\$595
37'1" – 46.0'	\$635

#### Non-resident Moorings

\$650
\$715
\$770
\$835
\$890

#### Village Resident Park Storage

14' – 20.0'	\$395
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#### Non-resident Park Storage

\$555
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#### Village Resident Sunfish

\$270
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#### Non-resident Sunfish

\$380
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#### Village Resident Ramp Pass

\$140
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#### Non-resident Ramp Pass

\$195
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#### Village Resident Jet Ski Pass

\$190
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#### Non-resident Jet Ski Pass

\$265
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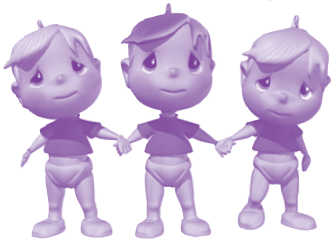
You must register using the appropriate Boat Basin Application form. Details on space availability and an application form can be obtained at the Recreation Office. Fee discounts are available to Village residents and School District residents over age 60, with proof of age and residency.

**Windsurfing**

Anyone wishing to windsurf from Senasqua Park must obtain a windsurfing permit from the Recreation Office. Fees are \$55.00 for Village residents and \$65.00 for non-residents.

**SUMMERFEST**

Sunday, **June 3rd** join Croton in the streets, celebrating the Summer Season! Street vendors, delicious foods and wonderful entertainment will be abundant throughout the day. The Summerfest parade kicks off at 1:00 PM and the fun continues through 6:00 PM. We will have live music throughout the afternoon.



**DISCOUNT TICKET PROGRAM**

In cooperation with the New York State Recreation & Park Society, we are offering discounted admission tickets to various amusement parks. You may purchase individual or group tickets directly from our Recreation & Parks Office in the Municipal Building for parks in NY, NJ, and PA. No minimum purchase is required, so take advantage of these great discounts.

<u>Amusement Park</u>	<u>Gate Price</u>	<u>Recreation</u>
Great Escape/Splashwater (Lake George)	\$37.64	\$25.60
Hershey Park (Hershey, PA)	\$45.95	\$35.95
Mountain Creek Waterpark (Vernon, NJ)	\$29.99	\$22.00
Sesame Place (Langhorne, PA)	\$47.97	\$37.60
Six Flags Great Adventure (Jackson, NJ)	\$64.19	\$30.89
(admission to Safari included with Recreation tickets)		
Hurricane Harbor Waterpark (Jackson, NJ)	\$34.99	\$23.50

# Summer Movie Series

Movies are shown in Senasqua Park beginning at dusk. Families are encouraged to bring a picnic, enjoy the sunset and stay for the movies. In case of rain, movies are shown on the next evening.

JUNE 27

HOODWINKED

(PG)

This animated version of the children's classic picks up where Little Red Riding Hood left off with the animals of the woods investigating a "domestic disturbance" at Granny's house. Furry and feathered animal cops are checking into charges of breaking and entering, disturbing the peace and intent to eat in this fun spin on a classic tale.

JULY 11

MARCH OF THE PENGUINS

(G)

This beautiful nature documentary follows the annual journey of emperor penguins to their breeding ground in Antarctica. Rife with obstacles, the film focuses on one cute and steadfast pair as they face birth and death, dating, and predators in their fight for survival.

JULY 18

MADAGASCAR

(PG)

At New York's Central Park Zoo, a lion, a zebra, a giraffe and a hippo are best friends living a blissful domesticated life in captivity. When one of them turns up missing, the others search for him only to find themselves on a ship headed to the exotic island of Madagascar. When their boat wrecks, these native New Yorkers must take on a much different jungle in this computer-animated comedy.

JULY 25

SHARK TALE

(PG)

In this whale of a tale fast-talking Oscar is a little fish who ends up at the scene of the crime when the son of a shark mob boss is killed. Claiming to be a "shark slayer" Oscar takes on all the trappings of fame, but when his title is challenged he finds that his little white lie has landed him in hot water. He enlists the help of the Shark boss's son Lenny who happens to secretly be a vegetarian and together they try to make sure that both of their futures aren't all washed up.

AUGUST 1

THE GOONIES

(PG)

The Goonies are a group of seven young friends from a small Northwest town who find themselves on a thrilling underground adventure filled with humor and heart-pounding peril as they seek the secrets behind the treasure of the notorious pirate, One-Eyed Willie.

# Summer Concert Series

Concerts are scheduled for Friday evenings at 7:00 PM in Senasqua Park; the rain date is Saturday night, unless otherwise indicated. This year's line up will be as follows:

**JUNE 29**

## **STREETS OF THE BRONX**

Go back in time with Westchester's #1 group, Butch Barbella's Streets of the Bronx Band. Butch was the music director and composer for the motion picture "A Bronx Tale" and formerly with Dion, The Earls, and The Duprees. The band features the outstanding vocals of "Yo Vinny".

**JULY 6**

## **DOC ROCK**

Doc Rock has been rocking together for over eleven years. Join them for a rejuvenating dose of classic rock.

**JULY 13**

## **SUNDOWN BAND**

Sundown performs unique renditions of Southern Rock classics from bands such as Lynyrd Skynyrd, The Allman Brothers, The Outlaws, Marshall Tucker, Molly Hatchet and more.

**JULY 20**

## **NICOLE HART & the NEW RHYTHM GROOVE**

NRG is the natural evolution in the Blues/R&B genre, aggressively combining a seductive, funky feel with the soulful nuances of The Blues. Under the direction of producer, arranger, and multi-keyboardist Lance Ong, together with co-writer and vocalist Nicole Hart, the original compositions and re-arrangement of Classic Blues and R&B material can only be described as "N R Gized"!

**JULY 27**

## **SECOND WIND**

Whether it's classic rock, Second Wind style R&B or "unplugged" acoustic, the Second Wind Band of local talent will make it a night to remember.

**AUGUST 3**

## **BLUE WATER**

This local Croton band is back for another night at the park. Blue Water plays acoustic and electric Rock & Roll with a harmony twist.



# Family Entertainment Series

Once again, thanks to the generosity of local Croton businesses, professionals and individuals we are able to bring a series of entertainment to the Village. We are including several types of entertainment in the hope that we reach every Croton family in one way or another.

*Thanks to All Who Helped Make This Series Possible...*

## GRAND PATRON

ADAM R.WEST, INC.

*Proudly supports the Croton Recreation & Parks Department  
Summer Family Entertainment Series*

## PATRON

CORTLANDT LANES.....Where good times roll!

CROTON YACHT CLUB, INC.

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THE GUIDE PHONEBOOKS

THE HUDSON NATIONAL GOLF CLUB, INC

## *Other Donations*

BRUCE FISCHBERG, D.D.S.  
CROTON ANIMAL HOSPITAL  
MONTROSE ANIMAL HOSPITAL  
SPORTSTIME USA  
WESTCHESTER BROADWAY THEATRE

**JULY 5**

**\*VASSALLO PARK\***

**10 AM**

*DAVE FRY*

Dave Fry is an energetic, award-winning kids' musician that combines rock n' roll folk music with lots of audience interaction. Dave is a pro at creating a great atmosphere of singing and dancing, glued together with plenty of surprises and silliness.

**JULY 12**

**SENASQUA PARK**

**7 PM**

*MARK RUST*

Mark Rust performs "Our Families Came to Sing," a humorous and touching look at our upbringings and family life. This is an upbeat performance that is sure to captivate the entire family.

**JULY 19**

**SENASQUA PARK**

**7 PM**

*THE FUN AND FUNNY JUGGLING SHOW*

Will Shaw presents an award winning blend of physical comedy, verbal wit and amazing skills. Audiences of all ages will be treated to astounding displays of juggling, tricks, sight gags, music, audience participation and much more.

**JULY 26**

**SENASQUA PARK**

**7 PM**

*MAGIC OF NEECH*

Neech performs captivating magic effects, comedy, and surprise, highlighted with a thrilling escape act. Over 1,000 shows of experience ensure that this former house magician for FAO Schwartz will entertain and delight any audience.

**AUGUST 2**

**SENASQUA PARK**

**7 PM**

*ANDREW ROBLIN*

Andrew Roblin's music is a fresh musical style, a fusion of folk music and bluegrass he calls the Manitoba Sound. He guarantees to have children through seniors grunting, yodeling and strutting.

Village of Croton-on-Hudson  
Recreation & Parks Department  
Mail-in Registration Form/Release Form

Please print and use a separate form for each person. When mailing a form, please send separate checks for each program. All information must be completed or registration will not be accepted.

Participant's  
Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Grade \_\_\_\_\_

Address \_\_\_\_\_

Parent's Name \_\_\_\_\_  
(if under 18)

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Emergency Name & Phone \_\_\_\_\_

Activity #	Section #	Program	Day	Fee
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

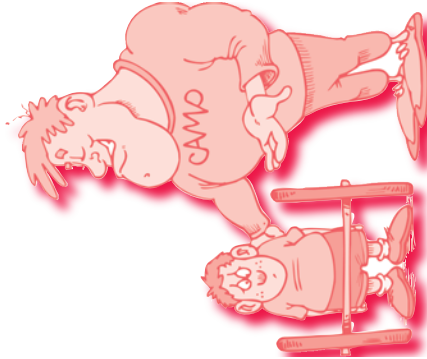
Total Due \_\_\_\_\_

I am enrolling myself/my child in programs offered by the Croton Recreation and Parks Department/Village of Croton-on-Hudson. In so doing, I hereby waive, release and discharge the Village of Croton-on-Hudson, its employees and agents from any liability for injury to person or property that may arise from my/my child participating in these programs. I hereby also state that I will have health insurance for myself/my child in effect during the time I am engaging in any activities offered by the Croton Recreation Department, its agents or employees. I agree to indemnify and hold harmless the Village of Croton-on-Hudson for any damages or injuries resulting from my or my child's intentional or negligent conduct.

\_\_\_\_\_  
Participant's Signature (parent or guardian if under 18) \_\_\_\_\_ Date \_\_\_\_\_

Registration may be done using this "Mail-in Registration Form". Please be sure to complete all information, sign and enclose check(s) for the proper amount made payable to "Croton Recreation and Parks" and mail to Municipal Building, 1 Van Wyck Street, Croton-on-Hudson, NY 10520.

Croton Recreation & Parks Department  
Stanley H. Kellerhouse Municipal Building  
One Van Wyck Street  
Croton-on-Hudson, New York 10520



Postal Patron  
Croton-on-Hudson,  
New York 10520

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